

Understanding Sibling Rivalry: A Psychological Perspective on the Family Dynamics of Yakub in Surah Yusuf

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ABSTRACT

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Sibling rivalry is a common problem in families, often fuelled by a lack of parental affection and feelings of inequality. Gen-Z, who are more sensitive, are more prone to this problem. Many cases in recent times of bullying and mistreatment of siblings. The Qur'an illustrates this phenomenon as a guide with the story of Ya'kub's family in Surah Yusuf. This study aims to understand the factors and consequences of this conflict as well as propose solutions through a psychological approach to overcome it. The results of this study identified four stages of Qur'anic discourse relating to sibling rivalry in Surah Yusuf. From a psychological perspective, preventing competition between siblings can be achieved through internal factors such as fostering a sense of good competition and patience, and external factors such as parents providing justice, care, affection, and not comparing with others.

Keywords: Siblings rivalry, Yusuf, Ya'kub family, Parenting

INTRODUCTION

Al-Qur`an is the word of Allah Swt revealed to the Prophet Muhammad Saw through the angel Gabriel, while it contains many components of discussion from sharia, law, worship, and also previous stories. Where the discussion component has a role as a guide for pious people towards the right path in life {Formatting Citation}. One of the components of the discussion in the Qur'an is the stories of the previous prophets. Of course, the previous stories that Allah Swt conveyed have a connection and have an influence at every time, not just a means of entertainment at the time of the Prophet. The stories contained in the Qur'an have a function, that is, explaining the principle of da'wah and the main sharia, convincing the trust of the Prophet and Muslims and being proof of the truth of the da'wah brought by the Prophet and the truth of the previous prophets, and also being *ibrah* or lessons from various stories of events told by the Qur'an (Ilyas, 2014).

As the story of the family of Prophet Ya'kub AS is immortalized in surah Yusuf and is attributed to be the best story in the Qur'an (Mauluddin et al., 2022). It was mentioned in Surah Yusuf verse 3:

نَحْنُ نَقُصُّ عَلَيْكَ أَحْسَنَ الْقَصَصِ بِمَا أَوْحَيْنَا إِلَيْكَ

Allah Swt said in the verse above with the word *Ahsan al Qashash* (Nisa, n.d.) because in it there are lessons and stories of righteous prophets (az-Zuhaili, 1997), and is considered the most beautiful in terms of its authenticity, the flow of beautiful language, and the beauty of the meaning contained therein (As-Sa'diy, 2021), and the story in Surah Yusuf is considered the best trail left by the prophet Yusuf AS which Allah Swt retold to the Prophet Muhammad Saw to take lessons (Hamka, 2015).

That's why the discussion about this letter is always interesting. The story that tells in detail the story of the prophet Ya'kub AS and his descendants, in which there is a message about the pattern of life that is more advanced than before, tells the difference in the pattern of life of ordinary people and the royal class who live full of luxury and the pattern of governing a country (Ushuluddin & Dakwah, 2020).

Sibling rivalry is a term and phenomenon that is often voiced by young people in modern era (Fernandes, 2019). This phenomenon is spread among the Gen Z age group and then gives a Self-diagnosis. The phenomenon of siblings rivalry can have effects beyond common sense, for example in the Qur'an the story of Habil and Qabil ended in murder, and in the story of Ya'kub AS's family resulted in throwing a brother into a well who was previously planned to be killed, which is why siblings rivalry can be considered a terrible phenomenon (Yildiz, 2020).

This study aims to provide an overview of the phenomenon of siblings rivalry that is immortalized in the Qur'an in Surah Yusuf. With this it can be a new reference and reference for parents in educating good children. So that parents and children can better understand and be aware of the phenomenon of siblings rivalry to detect the causes, consequences, and solutions to overcome the phenomenon and stabilize family conditions for a good child development process

The study of siblings rivalry is a new study in Indonesia, but discussions related to siblings rivalry have existed in several previous studies in Indonesia. Previous research was conducted by Nur Fajriati (Putra & Hakim, 2022) and Maria Kibtiyah (Kibtiyah, 2018) who discussed siblings rivalry in the Qur'an and from an Islamic perspective; Alaiya Choiril (Mufidah et al., 2022) and Fryantifa Rahmanisa with Maulana Rezi Ramadhana (Rahmanisa & Ramadhana, 2021) who discuss the role of the family in handling siblings rivalry; while Muhammad Roni Septiawan (Septiawan, 2022) and Erwin Yektiningsih (Yektiningsih et al., 2022) have a discussion on siblings rivalry from the emotional side specifically for pre-school children.

Based on the previous research listed above, no research has been found that discusses the phenomenon of siblings rivalry in depth in surah Yusuf, only describes the story of siblings rivalry in the Qur'an, the role of the family to handle, and only discusses the emotional side of pre-school age children. Meanwhile, this research presents the identification of verses that show the beginning of the problem until the response of the prophet Yusuf AS at the end of the problem. This study also presents preventive actions that can be a new reference for parents to identify and maintain family stability from the phenomenon of siblings rivalry. By paying attention to this, this research is interesting to do because there are many updates in it and can optimize the role of the Qur'an as a guidance and guide in life.

METHOD

The research used a type of library research, which is research sourced from written data that still has a relationship with the research variables. Library research is research that results from analyzing data sources in the form of books, papers, journals, historical records collected and presented document data and then processed into a theoretical study (Sari & Asmendri, 2020). The source of written data is the Qur'an and books related to psychology and the book of tafsir, as well as journals and papers taken from the indexation services of database providers or journal centers such as scopus and google scholar.

The analysis used in this study is a psychological approach, in which psychology has two basic words from the Greek language, namely "psyche" which means soul and "logos" which means science, and in scientific terms psychology is defined as the science that studies things about a person's soul regarding symptoms, processes and backgrounds (Sarlito, 2014). Thus, the psychological approach is an approach that aims to look at the mental state and social conditions of the research subject (Mansir, 2018).

This research used an interpretative analytical descriptive method. Descriptive method is research that describes a symptom, event, incident that occurs which is then analyzed and provides understanding and explanation. And this descriptive approach focuses on actual problems (Shofiana & Nailatuz, 2021). The analytic descriptive is a description or provides a clear description of an object under study through the data that has been collected (Rachman, 2018). While interpretative which parses and describes the results of the researcher's understanding of the Qur'an regarding a phenomenon of socio-cultural conditions based on the perspective of the data that has been collected, and expresses the results in the form of contextual facts based on the intent found from the research subject of a social sphere (Yasa, 2016).

RESULT AND DISCUSSION

Siblings Rivalry in Psychological Studies

Siblings rivalry is a feelings of jealousy and resentment usually experienced by children towards the presence or birth of a sibling. siblings rivalry occurs because children are afraid of losing parental attention and consider their siblings as rivals in getting affection from parents and the attitude of parents who often compare children (Dinengsih & Agustina, 2018). Meanwhile, according to the complete dictionary of psychology, the definition of siblings rivalry is a competition between younger and older siblings, as mentioned earlier regarding the meaning of siblings rivalry, it can be taken that siblings rivalry is a competition between siblings to get love, affection and attention from either or both parents or to gain recognition or something more. (Chaplin, 2000). The presence of unprepared siblings in children will change many things in the child, especially the sense of divided affection will be felt by children who will bring up feelings of worry and fear of the loss of parental attention to themselves (Seiffge-Krenke, 2001).

This research was conducted by taking data from the story of the family of the prophet Ya'kub AS as stated in the Qur'an surah Yusuf because the story is explicitly explained starting from the cause of the initial trigger of siblings rivalry until the conflict is

finally resolved. The brothers of Yusuf AS considered that there was an imbalance of affection and attention given by Ya'kub AS to Yusuf AS more than the attention of his other brothers. Prophet Ya'kub AS had 12 children (Agustina, 2019) who were called by Allah Swt with the term asbath (descendants of Prophet Ya'kub AS) and the number of wives of Prophet Ya'kub AS amounted to 4, namely Lea or Layya gave birth to Ruubil, Sham'un, Laawi, Yahuudza, Isaakhar and Zabilon; from Layya's slave named Zilfa gave birth to 2 children of the Prophet Ya'kub AS, namely Jaad and Ashir; And from his wife named Rahiil, the Prophet Yusuf AS and Bunyamin were born, Bunyamin being the child who was born the latest after the Prophet Yusuf AS was born; and Rahiil's slave named Bilha gave birth to Daan and Naftaali (Jannah, 2017). The story in Surah Yusuf is told thoroughly from the beginning of the beginning that appears as a trigger factor that causes strife and jealousy then takes action to harm and feel like winning until getting what you want.

Verses That Indicate The Existence Of Sibling Rivalry Phenomenon In Surah Yusuf

There are several categories of verses that show this phenomenon. According to the author, these verses can be categorized into several parts; such as

- a. Yusuf AS brothers' suspicion of his father's attitude in distinguishing affection. This is seen in the verse 8

إِذْ قَالُوا لِيُوسُفُ وَأَخُوهُ أَحَبُّ إِلَيْنَا مِنََّا وَوَحْنُ عَصْبَةٍ إِنَّ أَبَانَا لَفِي ضَلَالٍ مُّبِينٍ

In verse 8 of Surah Yusuf there is an expression from the brothers of Yusuf AS that they feel the inequality of their father's affection and attention, this shows the competition in their brotherhood and the brothers of Yusuf AS feel jealousy over their father's behavior. according to Prof. Dr. Wahbah Az-Zuhaili in tafsir Al-Wasith (az-Zuhaili, 2013) and Buya Hamka in tafsir Al-Azhar (Hamka, 2015). That the attention that Ya'kub AS gave to Yusuf AS and Benjamin was because since childhood they lost a mother figure who cared for them, so Ya'kub AS gave more affection than his other brothers, but his brother did not understand this. The attitude of Yusuf's AS brother in this verse is the beginning of the phenomenon of siblings rivalry, from feelings of envy and jealousy over the affection of the prophet Ya'kub AS to Yusuf AS.

b. Suspicion that gives rise to action (treason), found in the verse 9-10 and 15

أَقْتُلُوا يُوسُفَ أَوْ اطْرَحُوهُ أَرْضًا يَخْلُ لَكُمْ وَجْهَ أَبِيكُمْ وَتَكُونُوا مِنْ بَعْدِهِ قَوْمًا صَالِحِينَ (9)
 قَالَ قَائِلٌ مِنْهُمْ لَا تَقْتُلُوا يُوسُفَ وَأَلْفُوهُ فِي غَيْبٍ الْجَبِّ يَلْتَقِطُهُ بَعْضُ السَّيَّارَةِ إِنْ كُنْتُمْ فَاعِلِينَ (10)
 فَلَمَّا ذَهَبُوا بِهِ وَاجْمَعُوا أَنْ يَجْعَلُوهُ فِي غَيْبِ الْجَبِّ وَأَوْحَيْنَا إِلَيْهِ لَتُنَبِّئَنَّهُمْ بِأَمْرِهِمْ هَذَا وَهُمْ لَا يَشْعُرُونَ (15)

In verses 9 and 10, negotiations began from the brothers of Yusuf AS to get rid of him and compete for their father's attention by causing treason against Yusuf AS so that after the absence of Yusuf AS they hoped to get their father's attention more. The hatred that peaked in Yusuf's brothers so that this plan emerged even according to the interpretation of al-Qurthubi, the brother of the prophet Yusuf AS conducted this evil negotiation after getting rumors about the dream of the prophet Yusuf AS (Hamka, 2015). So there was a negotiation to round up their hatred for Yusuf AS and plan to kill or dispose of Yusuf AS.

Verse 15 is a form of proof of the phenomenon of siblings rivalry told in Surah Yusuf. The brothers of Yusuf AS with hatred in themselves acted to throw Joseph and make a false story to their father, and Allah revealed the truth that his children did to Ya'kub AS regarding Yusuf AS (az-zuhaili, 2013). The form of implementation of the action of the phenomenon of siblings rivalry between the descendants of Ya'kub AS and the realization that they planned against Yusuf AS.

c. Yusuf AS responded to the treason of his brothers, found in verse 90

قَالُوا أَوَإِنَّكَ لَأَنْتَ يُوسُفُ قَالَ أَنَا يُوسُفُ وَهَذَا أَخِي قَدْ مَنَّ اللَّهُ عَلَيْنَا إِنَّهُ مَنْ يَتَّقِ وَيَصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ (90)

In the verse Yusuf AS did not show resentment and resentment to his brother when he met his brother. Even Yusuf AS introduced himself and Benjamin his siblings elegantly and politely, while giving a lesson that patience and piety will get the reward and appropriate reply (As-Sa'diy, 2021).

d. The attitude of Yusuf AS who forgave his brothers, found in verse 92

قَالَ لَا تَثْرِبَ عَلَيْكُمْ أَيُّومَ ۖ يَغْفِرَ اللَّهُ لَكُمْ ۖ وَهُوَ أَرْحَمُ الرَّاحِمِينَ (92)

After Yusuf's brother confessed and apologized for his past actions, the prophet forgave his brother and prayed for them to Allah Swt to be forgiven of their sins (As-Sa'diy, 2021).

Preventive Actions

The phenomenon of siblings rivalry is a real problem, even the Qur'an tells the story of the family of Ya'kub AS in Surah Yusuf which we can make as a guide in life. Awareness of the phenomenon of siblings rivalry can prevent the destruction of family relationships, so the causes and solutions need to be known by parents to avoid siblings rivalry from occurring.

Preventive action in response to the phenomenon of siblings rivalry that occurs in Surah Yusuf through a psychological approach can be implemented by knowing the following things.

Factors triggering the Siblings Rivalry Phenomenon

Siblings rivalry does not happen because of natural normality alone, but there are things that trigger siblings rivalry. Among the factors that can trigger the phenomenon of siblings rivalry are:

1. Gender equality

Siblings rivalry occurs in both brothers and sisters, but gender similarity has a higher probability of being a triggering factor for siblings rivalry compared to siblings of different genders (Seiffge-Krenke, 2001). This kind of thing happens for several reasons, 1) siblings who have the same gender will feel more inequality of attention from parents because the needs needed are not much different; 2) gender similarity makes a brother want to be more powerful and feel like he always wants to manage his younger brother, so that the younger brother feels pressured by his brother's attitude (Rimalia, dkk, 2022).

This is contained in Surah Yusuf verses 9-10, that the one who gave the proposal to dispose of Yusuf AS which was narrated by Qatadah in the interpretation of Ibnu Katsir was his brother named Ruubil or Rubael. And all of Yusuf's brothers numbered 11 and were male (al-Mubarakfuri, 2000).

2. Close age difference

Preparation for having a second or the next child is not only a matter of parents preparing from a mental and financial perspective, but the readiness of an older sibling also needs to be considered in dealing with the presence of a younger sibling. The close age difference is a factor in siblings rivalry because the previous child is not ready and does not have a sense of sharing what is owned as before, especially the ownership of parental love

and attention. And it should train children to understand sharing something they have (Seiffge-Krenke, 2001).

3. Inequality of attention and affection

The phenomenon of siblings rivalry happens to 2 or more siblings, and requires parents to share all aspects given to children, including attention and affection. Due to differences in the distribution of attention and affection by idolizing or loving certain children more or even resentment towards certain children so that parents give unbalanced attention and affection (Wati et al., 2021) Then the inequality of attention and affection will be felt easily because the family is the most intimate social sphere (Awaru, 2021) and becomes the first environment that children have for socializing, and the family becomes a place to spend time doing activities together. Parents should be able to manage attention and affection to all their children fairly, because inequality of attention and affection is the most widely felt factor in the occurrence of siblings rivalry.

إِذْ قَالُوا لَيُوسُفُ وَأَخُوهُ أَحَبُّ إِلَىٰ آبَائِنَا مِنَّا وَنَحْنُ عُصْبَةٌ إِنَّ آبَاءَنَا لَفِي ضَلَالٍ مُّبِينٍ

In verse 9 it is mentioned that there is an imbalance of attention and affection felt by Yusuf's brothers given by Ya'kub AS to his sons, where more attention and affection is shown to the prophet Yusuf AS, and Yusuf's brothers feel that they also deserve to be loved by their greater number (al-Mubarakfuri, 2000).

4. Character differences

Humans have a variety of different characters, within the brotherhood it is very natural to have different characters even though they are born from the same lineage. Character is not just an inheritance of traits and dispositions from parents, but character can also be formed with the environment that affects character and thinking (Hendayani, 2019). Differences in character require different attitudes in responding to a problem that occurs to them, because they have their own way of responding to their problems (Gautam et al., 2023). So that parents cannot generalize and compare with others, and must also be able to provide understanding to children if their siblings must be given a response that is not always the same in providing solutions to a problem.

In the story of siblings rivalry that occurred in the family of Ya'kub AS, it can also be seen that the differences in character are quite prominent. That Yusuf AS has a nature that does not fight and chooses to avoid the conflict that is in front of him. This is evidenced by the fact that there is no mention in Yusuf's letter of any defense that Yusuf

AS did against his brother. And the attitude of avoiding problems can be taken from another moment when the prophet Yusuf AS chose to be imprisoned rather than causing slander for Wanita al-Aziiz found in Surah Yusuf verse 33.

قَالَ رَبِّ السِّجْنُ أَحَبُّ إِلَيَّ مِمَّا يَدْعُونَنِي إِلَيْهِ ۖ وَإِلَّا تَصْرِفْ عَنِّي كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُن مِّنَ الْجَاهِلِينَ

So that character education and supervision of a child's character development must be considered (Hendayani, 2019), therefore character differences can be a factor in the phenomenon of siblings rivalry which must also be considered.

Siblings rivalry factors are very complex and not only limited to the factors above, even many unexpected things can be a trigger factor for the phenomenon of siblings rivalry, but from the abstractness of the factors that trigger the phenomenon of siblings rivalry, an outline can be drawn as mentioned above. siblings rivalry is a matter of a person in accepting and interpreting the behavior of parents as well as the environment towards phenomena related to his brotherhood, where siblings rivalry can be felt by one party only, so not all siblings and parents can easily detect the phenomenon of siblings rivalry that occurs in their family. The same thing happened in the family of Ya'kub AS, where the perspective of sibling rivalry can be different for each party involved, because not necessarily the competing and related parties in their environment realize the problems that exist from the same perspective. Even one of the parties may not be aware of the problems that occur between them.

Effects of Siblings Rivalry Phenomenon

The dependency relation of a problem is cause and effect. The effect will never exist, if the cause does not happen. Likewise, causes will always be followed by effects. The siblings rivalry phenomenon occurs because there are causes and triggering factors, resulting in the consequences of what is caused by the triggering factors. As for all the factors that trigger the siblings rivalry phenomenon, it produces 3 main forms of consequences, that is:

1. Jealousy

The difference in portions with their siblings in receiving something creates a sense of injustice by their parents. Jealousy is an expression of a child's fear of losing something that was previously received (Qian et al., 2023). Jealousy can provoke oppositional behavior and other bad behaviors, but jealousy can also be applied to good behavior, of course, by providing lessons and awareness from himself.

إِذْ قَالُوا لِيُوسُفُ وَأَخُوهُ أَحَبُّ إِلَىٰ آبَائِنَا مِنَّا وَنَحْنُ عُصْبَةٌ إِنَّ آبَاءَنَا لَفِي ضَلَالٍ مُّبِينٍ

The jealousy felt by the brothers of Yusuf AS because of the inequality of affection and by giving a reaction to the expression that Yusuf AS was more loved by their father, Ya'kub AS, which sparked their thoughts that it was a mistake made by their father, so they thought of harming Yusuf AS (Abdullah, 2011).

In psychology, jealousy and envy can be expressed in various ways, but basically jealousy arises because he feels he is in a lower caste. And the form of defense in him can produce a violent and bad attitude to harm others (Murray, et al, 1990).

2. Competition

The reaction that happened on the basis of the triggering factor of siblings rivalry is a sense of wanting to compete and look superior in front of parents and get their attention. Competition carried out by one sibling is usually more easily felt by other siblings, especially siblings who have the same gender (Szymańska, 2021), so that it can provoke a sense of competition between them. The sense of competition between them has two possible outputs, namely competing in good things and competing in bad things. The competitive spirit that occurs between siblings will continue to grow if the two parties do not stop and consolidate to discuss a good solution for them, because by competing continuously, emotions will increasingly dominate so that the desire to defeat each other will be even greater and end up justifying all means to defeat their siblings, even if they have to use bad methods. The role of parents will have a big influence and should provide understanding to both. The feeling of competition within siblings often continues into adulthood (Szymańska, 2021).

The competition that results from siblings rivalry can be both good and bad. In the story of the family of the prophet Ya'kub AS, it is not clearly mentioned that there is a real competition between Yusuf AS and his brother, but it can be seen at the end of this story when the prophet Yusuf AS became the governor of Egypt and gave punishment to his brother (al-Mubarakfuri, 2000).

3. Resentment

Resentment is an overwhelming determination of dislike, seeing something with a negative feeling. It arises to react to the dislike gained and controls feelings, so the connotation of this hatred almost always goes in a bad direction. Hatred that has mastered the passions can lead to behavior that does not want to lose and tries to achieve its goals by

any means, good or bad. Negative feelings will always arise towards someone who has accumulated bad experiences, because this hatred creates an emotional reaction that can trigger long-term dislike, moreover, hatred arises with an action and hatred will continue to grow worse if the hatred is supported by negative actions taken against the hated person (Sharma et al., 2019).

Resentment that has possessed the brothers of Yusuf AS, starting from their evil plans to kill or throw into the well described in verses 9 and 10, and in the narration of As-Suddi regarding the interpretation of Surah Yusuf verse 15 states that not long from the disappearance of Ya'kub AS's view of them after saying goodbye with great respect, Yusuf's brothers began to hurt Yusuf AS with insults and also blows until they reached the well they had agreed upon (Abdullah, 2011).

Solutions to Overcome the Siblings Rivalry Phenomenon

Al-Qur'an revealed Surah Yusuf by telling the story of the prophet Yusuf AS with full of problems that occurred, but Allah Swt not only mentioned and presented the problems that occurred. Al-Qur'an certainly also shows the solution to the problem, which then in modern science also reveals the solution to the phenomenon of siblings rivalry in the study of psychology.

After parsing the triggering factors and consequences of the siblings rivalry phenomenon, what is discussed in this siblings rivalry phenomenon is the solution to overcome it. Solutions can be described and sourced from 2 different sources, namely internal and external.

Internal

The solution to the phenomenon of siblings rivalry that comes from internal sources, meaning that this solution arises from a person who feels jealousy, hatred and also a sense of competition in himself. By realizing what he feels towards his brother, it will be easier to prevent and improve the relationship that was previously hostile to his brother. Solutions that can be created from internal sources are as below:

- a) Directing the sense of rivalry towards a good and healthy path.

One form of implementation of competition in siblings rivalry is a high sense of rivalry, and in many aspects siblings rivalry always leads to a problem that has a negative connotation. However, siblings rivalry cannot be said to only always lead to the negative.

Through a high sense of rivalry, they can become strong and train mental resilience, can learn from each other to be more superior and fight harder to get what they are aiming for, of course, through healthy ways and not harming each other, it could even be that they consolidate to work together and grow and achieve success together.

This will be easy and realized with a good end if it starts from a person who initially feels envy and jealousy towards his brother and manages to turn his jealousy and envy into good cooperation, compared to his brother first who starts to reconcile and work together even though it still has the possibility to succeed (Rimalia, et al., 2022).

As for the story of the family of Ya'kub AS, the feud or siblings rivalry shown by the brother of Yusuf AS over him did not make him have a revenge, even when Yusuf AS had become a powerful governor of Egypt there was no plan or desire to get rid of his brother, instead Yusuf AS gave a lesson that made his brothers realize what they had done to Yusuf AS (Murray, et al, 1990).

b) Patient and Taqwa

Siblings rivalry happens to a person and influences him or her to close the eyes of the heart. Envy, jealousy and a competitive spirit often close the good things from their siblings and only see the bad side. This behavior is considered less rational because the emotions felt are not well controlled. In the story contained in the Qur'an regarding the conflict of siblings rivalry in the descendants of Ya'kub AS, that is, the prophet Yusuf AS with other brothers mentioned the solution at the end of the story, and listed in verse 90, Allah SWT said

قَالُوا أَأَتَاكَ لَأَنْتَ يُوسُفُ قَالَ أَنَا يُوسُفُ وَهَذَا أَخِي قَدْ مَنَّ اللَّهُ عَلَيْنَا إِنَّهُ مَنْ يَتَّقِ وَيَصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ

Meaning: They said: "Are you really Yusuf?". Yusuf answered: "I am Yusuf and this is my brother. Verily, Allah has bestowed His blessings upon us". Verily, whoever fears and is patient, verily Allah does not waste the reward of those who do good". Yusuf: 90.

Based on the verse, Prophet Yusuf AS gave advice that taqwa and patience will get rewards and Allah Swt will pay attention to what happened to him (As-Sa'diy, 2021). And of course, piety and patience will always bring a servant closer to Allah Swt, so that the bad things in him will always be enlightened (Jasmadi & Sriyanto, 2022) So that the

phenomenon of siblings rivalry that is felt will produce positive results and not cause long-lasting hostility.

External

The solution that comes from external sources for the phenomenon of siblings rivalry, which is the one who becomes the actor in trying to eliminate the disputes in the brotherhood is not the one who feels it on him, the role of this external aspect that has the greatest influence in being a solution to this phenomenon is parents, siblings and the environment. With external assistance, it may help minimize the sense of feud, because not a few who unconsciously do bad deeds caused by the phenomenon of siblings rivalry in their brotherhood. Solutions that can be created from external sources are as below:

a. Parental awareness

Siblings rivalry can occur from the feelings of a child without directly involving the role of parents in it. This makes parents must be present and always pay attention to the development of growth that occurs in children from all aspects related to children, because siblings rivalry can be prevented from developing and will get worse if it continues without evaluation from parents. The role of parents is fundamental because parents can also be one of the causes of siblings rivalry that often occurs (Rimalia, et al, 2022).

Parents have a duty to make the two siblings who are at odds understand each other, understand that a good brotherhood must be maintained, help each other and love each other because they will live together and grow into adulthood in the most intimate social sphere, namely the family (Awaru, 2021). Because the family will always remain a family.

b. Dividing attention fairly

Siblings rivalry often occurs due to the inequality of attention given by parents to their children, so the role of parents to share attention fairly is a big solution to the phenomenon of siblings rivalry (Cleveland & Quas, 2022). Fair does not mean that it must be the same as the exact amount of justice given, but it can be by giving an adequate portion and not excessive to certain children without seeing their needs. Giving a gentle explanation that fair does not always have to be equal, and teaching to understand each other's needs without strictly forbidding what a child wants. This fair attitude should be

present in every parent since the beginning of having children, not only when the phenomenon of siblings rivalry occurs in their children.

c. Don't make comparisons

Every child certainly has different characteristics, even though there are the same ones, it does not mean that they have to behave and be addressed in the same way to respond to the problems they face, even if what they face is the same thing. The ideas found by children may come from different role models and the environment they face is different too, even in the same environment if the acceptance within them will have their own assessments and responses, resulting in different thinking characteristics. So it is a fatal mistake to compare with their own siblings.

Parents should be able to be sportive and supportive in their child's development and appreciate what has been achieved without showing disappointment to the point of comparing each other between them, and being worse when compared to other strangers. In fact, it is not only parents who often compare their children with others, but the surrounding environment of neighbors and friends also compare with their family members (Sanders, 2023). A child can feel hurt and feel that his/her existence does not meet the expectations of his/her parents if he/she is always compared, even to the point of feeling that he/she fails to be the figure expected by parents, which creates a thought pattern of having to get rid of the object being compared to him/her or the worst thing is that he/she isolates himself/herself and can interfere with his/her mental health (Seiffge-Krenke, 2001).

d. Great communication between children and parents

Communication is an essential aspect in the relationship between humans, this becomes very important especially in communication between children and parents who live in the smallest scope of social life (Oxianus Sabarua & Mornene, 2020) and prepare before entering wider social groups such as schools and societies (Jatmikowati, 2018). The habit of listening to each other and exchanging stories to bring children to a sense of comfort to shed feelings and emotions to parents, so that communication between children and parents goes well and there is openness in communication between children and parents. With openness in communication between children and parents can prevent the pent-up disappointment they feel over the relationship that occurs between siblings, because when they feel disappointment it can be conveyed directly and parents become

aware and know what is happening between their children. With open communication, it will also be easier to indicate things that should not happen such as siblings rivalry.

Changes in attitude will be felt easily and can be anticipated immediately before it gets worse, because children will more easily accept messages and advice from parents if the relationship between children and parents is based on trust and openness. (Jatmikowati, 2018).

The analysis above shows the process of the initial factors of the emergence of the phenomenon of siblings rivalry to happen and solutions to avoid, overcome and stop the phenomenon. And observing the phenomenon of siblings rivalry that occurred to the family of Ya'kub AS, the above analysis is in accordance with what has been stated in the Qur'an in surah Yusuf. Starting with Yusuf AS telling about his dream interpreted by the prophet Ya'kub AS that the prophet Yusuf AS would be his successor prophet who then the prophet Ya'kub AS wanted to protect and maintain the safety of Yusuf AS, but it became the cause of Yusuf AS's brothers jealous and felt that his father's affection was more inclined to Yusuf AS so that the soul of competition arose and planned to get rid of Yusuf AS, it happened because of the lack of open communication between father and son. And finally the family conflict of Ya'kub AS was resolved after many years, with the patience and piety of Yusuf AS and processing the events that his brother did against him not by holding a sense of resentment, but by living life as it should be and directing it to a healthy rivalry so that Yusuf AS could develop and become a magnate of the country of Egypt.

The author finds several problems that occur in the phenomenon of siblings rivalry in Surah Yusuf that not all problems that occur can be found explanations and solutions to their problems in this letter because the author limits this research to Surah Yusuf, but these problems can be solved from the scientific field of psychology.

CONCLUSION

Al-Quran was revealed to guide the lives of Muslims, which contains stories of previous apostles with the aim of taking lessons at every time with existing developments. Surah Yusuf is labeled as one of the best stories in the Quran and in it tells about sibling rivalry that occurred in Ya'kub's AS family. Researchers get 4 stages of exposure in it related to the phenomenon of siblings rivalry. The form of preventive action that needs to be taken to overcome siblings rivalry can be seen from the factors that trigger siblings rivalry, namely the similarity of gender, close age differences, inequality of attention and affection, and differences in character. Then the consequences are jealousy, competition,

and hatred. And the solution to this phenomenon can be created internally from both sides of the siblings by creating a sense of sportive competition, patience and piety and the external role can be helped by the role of parents who provide fair attention and a supportive environment.

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